



Defensive Football

A positive approach to teaching defensive fundamentals that creates both better players and lifelong football fans

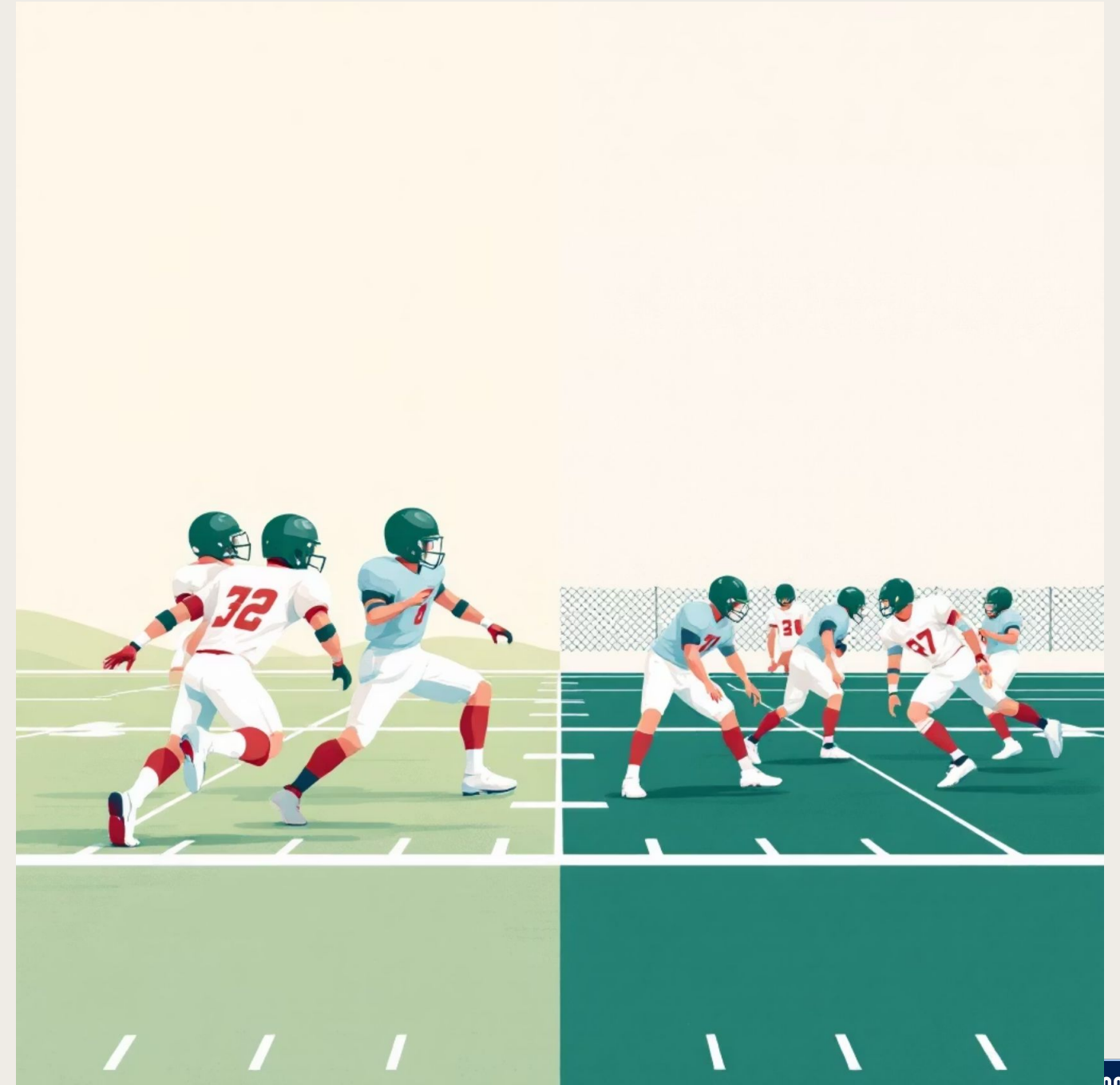
Question for the coaches: How has football changed since your high school playing days?

The Evolution of Football

How the Game Has Changed

Today's football looks dramatically different from previous generations:

- More emphasis on player safety and technique
- Less focus on conditioning for conditioning's sake
- Less contact in practice
- More emphasis on film and game preparation
- Less standing around during practice



My Personal Coaching Philosophy: Developing Players and People

Build Lifelong Love of the Game

Kids change dramatically between youth and high school football - physically, mentally, and in their sports preferences.

Our priority: Make them love football through positive coaching, treating all players with respect, and celebrating growth rather than just natural talent.

Communication That Works

Constant yelling creates tuned-out players. Instead:

- Reserve raised voices for specific, important moments
- Build relationships through consistent, positive feedback
- Create clear expectations with reasonable consequences

My Defensive Principles

1 Bend Don't Break

Few youth teams can sustain long drives without mistakes. Patience and sound positioning force opponents into errors.

2 Assignment Football

When every player knows and executes their specific responsibility, defense becomes simple. Confusion happens when players freelance or try to do too much.

3 Strategic Blitzing

Constant blitzing indicates poor fundamentals. Strategic, occasional blitzing keeps offenses honest while maintaining defensive integrity.



Position Players for Success

The Coach's Responsibility

As coaches, our job is to place players where their abilities can shine:

- Continuously evaluate physical development and skills
- Match positions to player strengths and body types
- Adjust assignments based on opponent matchups
- Create opportunities for success at every position





Smart Practice: Safe and Effective Tackling

Group Appropriately

Match players by size and skill level during tackling drills

- 60-pound players should not tackle 120-pound players
- Create stations by weight class when possible
- Rotate groups to maintain engagement

Control the Environment

Structure tackling drills for success and safety

- Begin with form tackling against bags/dummies
- Progress to controlled partner drills
- Limit full-speed tackling to specific practice periods

Teach Progressive Techniques

Build skills in logical sequence

- Start with proper stance and body positioning
- Add movement and tracking skills
- Incorporate game-like situations gradually

Effective Conditioning Through Football Activities



Beyond Running Laps

Modern practice integrates conditioning with skill development:

- Pursuit drills that improve angles while building endurance
- Station-based practice that keeps players moving
- Game-simulation drills that build football IQ and fitness
- Competition-based activities that make conditioning fun

When players are learning and competing, they don't realize they're conditioning!

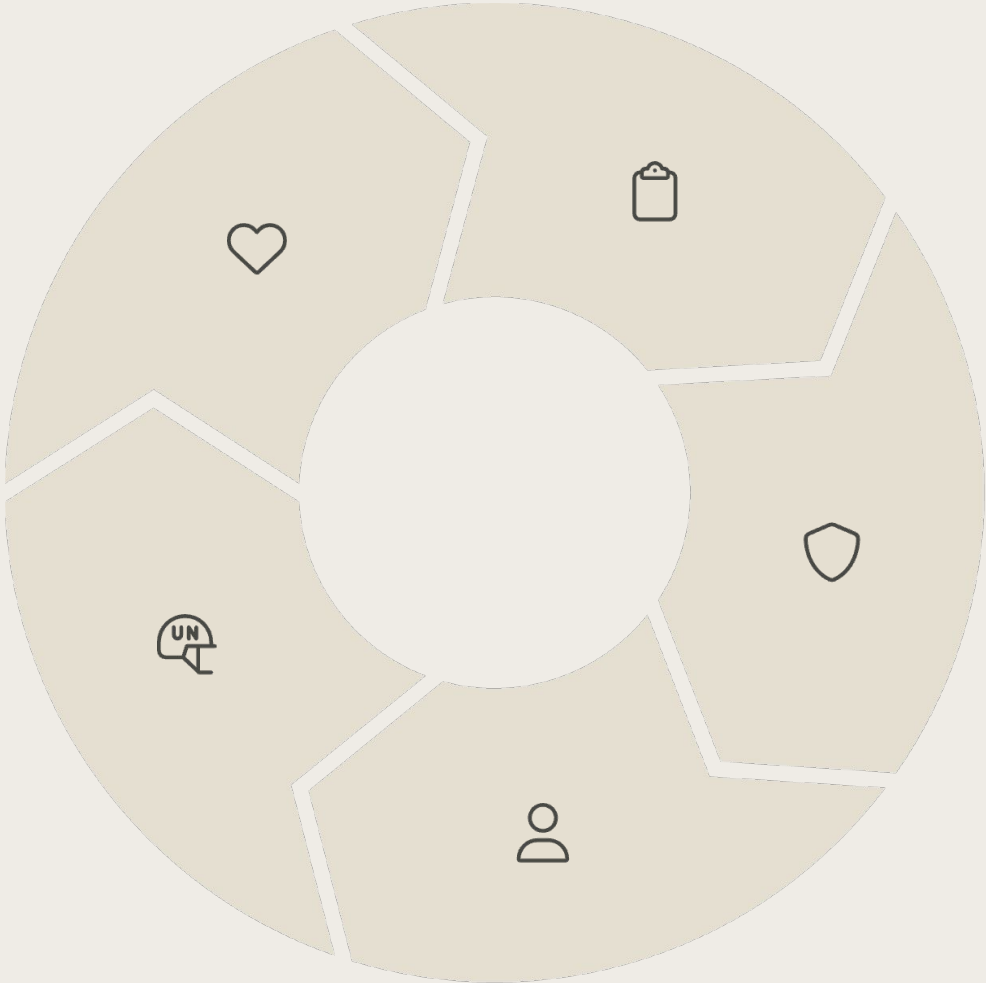
Key Takeaways: Our Defensive Blueprint

Foster Love of the Game

Create positive experiences that make players want to continue football

Safety First

Structure tackling and contact to protect players while building skills



Teach Clear Assignments

When players know their exact job, they play faster and more confidently

Bend Don't Break

Sound defense forces opponents into mistakes rather than creating big risks

Position for Success

Match player abilities to positions where they can thrive and develop

Questions? Contact Cole Deibele

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